

UNDERSTAND YOUR BODY. TRUST YOURSELF.

FemPhases

30-Day Perimenopause Reset

Choose one or two realistic habits. Track what happens. Keep what genuinely supports you.

A PRINTABLE & FILLABLE 30-DAY WORKBOOK

Personal reflection tool - not medical advice

START HERE

Make your reset fit your life

Small enough to begin. Flexible enough for busy days. Useful enough to learn from.

THE RESET RULE

A missed day is data, not failure. Notice what got in the way; make the habit smaller if needed, and begin again at the next opportunity.

1 Choose your focus

Pick one area that feels supportive right now - not the one you think you “should” choose.

- | | |
|--|--|
| ☐ Sleep rhythm | ☐ Gentle movement |
| ☐ Regular meals | ☐ Hydration |
| ☐ Calm pauses | ☐ Boundaries |
| ☐ Connection | ☐ Something else |

2 Name one or two tiny habits

Make each habit clear and achievable in about 5-15 minutes. Your minimum version should still count on a demanding day.

Habit 1**Minimum version****Habit 2****Minimum version**

3 Give the habit a home

I will do it after / around:

Start date:**Review date:**

DAILY TRACKER

Thirty days, one check-in at a time

Tick the box when you complete the habit or its minimum version. Leave it blank when you do not; neither tells you something.

Habit 1:

Habit 2:

DAY	DATE	HABIT 1	HABIT 2	A QUICK NOTE (OPTIONAL)
1		☐	☐	
2		☐	☐	
3		☐	☐	
4		☐	☐	
5		☐	☐	
6		☐	☐	
7		☐	☐	
8		☐	☐	
9		☐	☐	
10		☐	☐	
11		☐	☐	
12		☐	☐	
13		☐	☐	
14		☐	☐	
15		☐	☐	
16		☐	☐	
17		☐	☐	
18		☐	☐	
19		☐	☐	
20		☐	☐	
21		☐	☐	
22		☐	☐	
23		☐	☐	
24		☐	☐	
25		☐	☐	
26		☐	☐	
27		☐	☐	
28		☐	☐	
29		☐	☐	
30		☐	☐	

REMEMBER

The goal is not a perfect row of ticks. The goal is to learn what fits your real life.

WEEKLY REFLECTION

Notice, adjust, continue

This is a short review, not a performance score. Keep what helps. Change what does not.

WEEK 1

What helped me through?

What got in the way - without judging myself?

One adjustment for next week:

WEEK 2

What helped me through?

What got in the way - without judging myself?

One adjustment for next week:

WEEKLY REFLECTION

Keep listening to real life

Your plan is allowed to change. Making a habit more realistic is a skill, not a step backwards.

WEEK 3

What helped me through?

What got in the way - without judging myself?

One adjustment for next week:

WEEK 4

What helped me through?

What got in the way - without judging myself?

One adjustment for next week:

DAY 30

What did this month teach me?

Look for useful evidence, small shifts and honest next steps. You do not need a dramatic result for this month to rely on.

MY CHECK-INSHabit 1 completed: daysHabit 2 completed: days**WHAT CHANGED?**

What did I notice in my body, mood, energy, sleep or daily rhythm?

WHAT MADE IT EASIER?

People, places, timing, preparation or a smaller version that helped.

WHAT DID MISSED DAYS TEACH ME?

What was happening, and what would make the habit more realistic?

WHAT WILL I DO NEXT?

Choose what to keep, adjust or release.

My next review date:**PROGRESS OVER PERFECTION**

You showed up, noticed and learned. That is meaningful progress.